

CLINICAL OBSERVATION CASE REVIEW NOTES

1. THEORIES IDENTIFIED

- Bowenian- not so much during session but during de-brief after session, Dr. Wells was able to shed light on client's upbringing and family of origin. When growing up clients father seemed to take up most of the emotional space in the home.
- I believe Narrative would work very well with this client as she is a creative and seems to understand life through narrative.

2. CLINICAL ASSESSMENT

- Young adult female, contemplating divorce with spouse. Currently living in Berlin for school/work.
- Appears to be feeling lonely as she is very conscious of the virus and social distancing.
- Client appears to have a creative/imaginative personality and way of thinking and speaking.
- Client is seemingly very childlike, due to F.O.O issues revolving around father taking up most of the attention/emotional space in the home?
- Client used her hands and facial expressions frequently when talking, she has a hard time focusing on a particular topic, allows her imagination to bring her off track during conversation, and seems to enjoy telling stories and jokes to Dr. Wells.

3. THERAPIST USE OF SELF

- Dr. Wells allowed herself to take a less directive approach and allowed client to lead session.
- Client appeared to enjoy Dr. Wells company and appeared to use humor to deflect/cope from answering Dr. Wells questions.
- Dr. Wells was able to reframe and ask uncomfortable questions about her "childhood monsters" by using monster's inc. as an example of fun and fuzzy monsters, this played very well into the childlike presence client had and this also painted this "monsters" as a safe/approachable thing.

4. OBSERVERS EMOTIONS / REACTIVITY

- Client seemed hesitant to speak about issues or intentionally trying to avoid going "deep". It wasn't clear as to why she was having a hard time doing that, perhaps she wanted to keep it light? Not ready to go there?
- I found myself wanting the session to be more directive.
- I found it hard to keep track of topic as well as client, when client went down "rabbit trails".

11. SUGGESTIONS FOR NEXT SESSION

- Would like to see what it would look like to challenge client to stay "on track", and redirecting her back to original question, or perhaps ask what it feels like for her to answer those questions.